

# Want to know how I did it?

It was a year ago when my sister joined a boot camp at Fitness That Fits. She bought a Usana Reset Kit from Fitness that Fits (a 5-day low glycemic cleanse) and asked me if I wanted to do it as well with her – misery loves company! So I did the Reset Kit and felt so much better and I actually lost some weight too! I decided I needed to make myself and my health a priority so I joined FTF and started personal training with Ana in December. She worked with me twice a week, I began seeing some changes and wanted more.



My sister and sister-in-law asked me to join them in the boot camp that was being offered at FTF with Nadia at the end of April and I decided to sign up for that. I was very nervous as exercising was not something that I did every day, even though I knew I should be. I was not very comfortable in the class environment but with help and encouragement from the instructors and Ana having faith in me, I started the boot camp. By the end of boot camp I lost 13 lbs and 8 inches! This was a big accomplishment for me - I had worked very hard and now had the results to show for it!



Before



After

The majority of the Boot Camp participants decided to join the Turkey Blaster Boot Camp in the fall and I wanted to be part of that again as they are such a wonderful group of women and I was so happy with my boot camp results. I finished the turkey blaster boot camp and have now lost additional 17 lbs and 12 inches. Over the course of the year I have lost a total of 35 lbs and 20 inches!

I have Nadia, Ana and the team of wonderful instructors to thank for changing my life. They also helped me to change my lifestyle and for once in my life I now get up in the mornings and think when am I going to fit my exercise in to my day!

~ Maureen D.



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